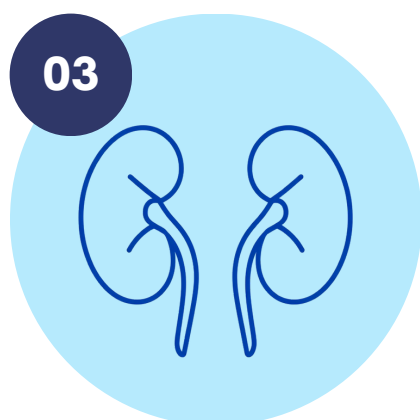


UNDERSTANDING DIABETES MONITORING

Simple tests and checkups can help prevent serious complications



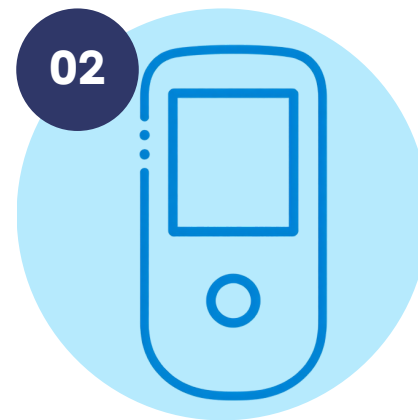
01
A1C TEST: Measures your average blood sugar over 3 months. Target: Below 7% for most people. Get tested every 3 months.



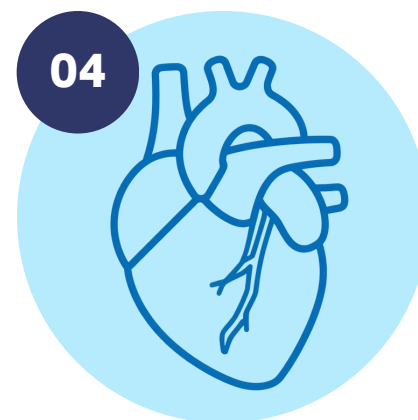
03
URINE PROTEIN TEST: Detects early signs of kidney damage. Get tested yearly. Early detection helps protect your kidneys.



05
CALL YOUR DOCTOR IF: Very high or low blood sugar, blurry vision, foot wounds that won't heal, chest pain, severe dizziness. Call 911 for severe trouble breathing or loss of consciousness.



02
FASTING GLUCOSE: Shows your current blood sugar level. Target for many adults: 80–130 mg/dL. Check daily if recommended by your doctor.



04
CHOLESTEROL TEST: Checks your heart disease risk. Get tested at least once a year. Keeping cholesterol controlled helps lower heart disease risk.



06
HEALTHY HABITS: Eat balanced meals, stay active, take medications regularly, and keep appointments, including yearly foot and eye exams. Small daily habits matter for your health!

